



Greetings 5K Runner:

The big day is finally here and we couldn't have done it without you! On behalf of Councilmember Wanda Wallace and the proud members of the Mayor and Council of the City of Riverdale, we would like to thank you for supporting this worthy cause. The proceeds received from the 5K race will help lighten the financial burden of hundreds of students, parents and educators in our community. Below are some highlights of today's events, along with some important points to consider as you prepare for the race:

- **Parking** will be on available blacktop behind the New City Hall at 7200 Church St. We ask all participants to park there before the event and wait for the shuttle service to transport racers to the racing area. We encourage all participants to use the restroom facilities located at city *prior* to being shuttled to the start line.
- **Shuttle service** will be available to transport all participants to the start line, which is in the parking lot of the Riverdale Wal-Mart.
- **Restrooms** are available at the Town Center site. Runners/Walkers are encouraged to use the restroom before the shuttle transports you to the starting line.
- **Registration** will take place in the parking lot of the Riverdale Wal-Mart (in the rear parking lot Game Stop) at 6:30AM.
- **Pre-race Warm Up** will be conducted by www.myfit365.com fitness instructor, Beth Feagins, in the parking lot of the Riverdale Wal-Mart at 7:00AM.
- **The iRun4 5K Race begins** at 7:30AM. *Please note the course will run counter to traffic and will begin on Lamar Hutcheson Parkway (see map of course below)*
- **Water stations** will be set up at the 1 mile mark, as well as the Chick-fil-a in Riverdale. T-Shirts, fruit, water and other goodies will also be available at the finish line (Town Center Site).
- **Award ceremony** starts between 8:00-9:00; this is contingent upon the finish time of the last participant.
- **Vendor** tables will be situated along the plaza at the Town Center site. Please support the vendors by visiting their respective tables.

Again, we welcome you to our city and we thank you for participating. Please join us in thanking our sponsors and vendors.

If you have any questions one of our helpful volunteers will be available to assist you. Also, please remember to ***Save the Date: Saturday April 27, 2013*** for the 3rd Annual iRun4 Riverdale 5K. Enclosed you will find your race tag number. We thank you again for your support and look forward to seeing you *at the finish line!*

The City of Riverdale 5K Race Committee

A Special Thanks to our Riverdale Partners:



**NEW SOUTH
PACKAGE STORE**

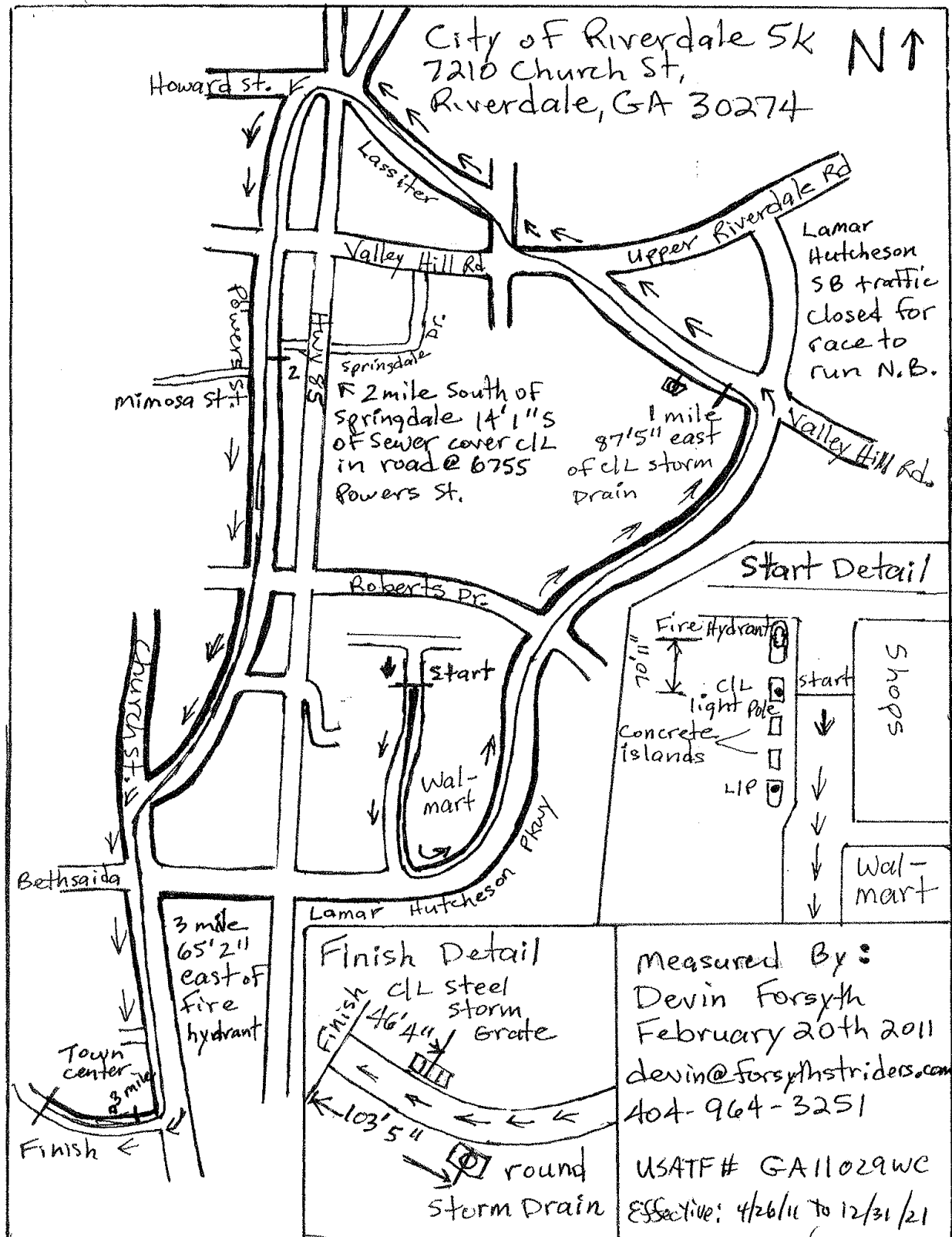


Myfit365.com



Riverdale Department of General Services & Facility Management

COURSE MAP



Vendor Tables:
Please stop by to support our vendors after the race

City of Riverdale 5K Run - Saturday Nov 10, 2012 7AM-11AM

CONFIRMED VENDORS

Name	Organization	Contact #	Email
1. Natalie Roberts	Body by Vi 90 day challenge protein shakes	770-549-5885	natalie.roberts@live.com
2. Kenyatta Fleming	Garden Fresh Organics	470-214-1329	gardenfreshorganics@yahoo.com
3. Sakina Coakley	GA S.P.E.A.K.S.	678-404-1665	sakina@gaspeaks.org
4. Edmond Brown	Organo Gold Coffee	678-500-4515	espas312@yahoo.com
5. Majorie Thorne	Major Enterprises marketamerica.com/majorenterprise	404-563-3673	major01thorne@yahoo.com
6. Anthony Stroman	FDI Youngevity health/wellness	678-907-3135	stromanenterprise@hotmail.com
7. Tee Crockett	Tee Essentials Skincare & Aromatherapy	678-887-9936	teeessentials@gmail.com
8. TBD	Clayton County Board of Health		
9. TBD	Southern Regional Medial Center		
10. TBD	American Diabetes Foundation		
11. Beth Feagan	Personal Trainer		
12. Angie Sims	Personal Trainer		
13. Jay Randall / Bryan Lynch	HIIFITT Trainers	404-683-4103	bryanlynch84@gmail.com
14. Don Boykin	Sam's Club	770-960-8228	drboyki.s08287.us@samsclub.com
15. Ann Gibbs	Slim Co.	678-656-9658	AGibbs95@yahoo.com



We look forward to seeing you at the start line
of the 2012 City of Riverdale 5K Race!